

## Full Report (All Nutrients) 11697, Arrowroot, raw

Report Date: July 04, 2017 19:12 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor:2.78 Nitrogen to Protein Conversion Factor:6.25

Refuse:15% Refuse Description: Peel

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sliced 120g	1 root 33g
<b>Proximates</b>						
Water	g	80.75	2	--	96.90	26.65
Energy	kcal	65	--	--	78	21
Energy	kJ	271	--	--	325	89
Protein	g	4.24	2	--	5.09	1.40
Total lipid (fat)	g	0.20	2	--	0.24	0.07
Ash	g	1.42	2	--	1.70	0.47
Carbohydrate, by difference	g	13.39	--	--	16.07	4.42
Fiber, total dietary	g	1.3	2	--	1.6	0.4
<b>Minerals</b>						
Calcium, Ca	mg	6	2	--	7	2
Iron, Fe	mg	2.22	2	--	2.66	0.73
Magnesium, Mg	mg	25	2	--	30	8
Phosphorus, P	mg	98	2	--	118	32
Potassium, K	mg	454	2	--	545	150
Sodium, Na	mg	26	2	--	31	9
Zinc, Zn	mg	0.63	2	--	0.76	0.21
Copper, Cu	mg	0.121	2	--	0.145	0.040
Manganese, Mn	mg	0.174	2	--	0.209	0.057
Selenium, Se	µg	0.7	--	--	0.8	0.2
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	1.9	1	--	2.3	0.6

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sliced 120g	1 root 33g
Thiamin	mg	0.143	2	--	0.172	0.047
Riboflavin	mg	0.059	2	--	0.071	0.019
Niacin	mg	1.693	2	--	2.032	0.559
Pantothenic acid	mg	0.292	2	--	0.350	0.096
Vitamin B-6	mg	0.266	2	--	0.319	0.088
Folate, total	µg	338	2	--	406	112
Folic acid	µg	0	--	--	0	0
Folate, food	µg	338	2	--	406	112
Folate, DFE	µg	338	--	--	406	112
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	--	--	1	0
Retinol	µg	0	--	--	0	0
Carotene, beta <a href="#">↓</a>	µg	11	2	--	13	4
Carotene, alpha <a href="#">↓</a>	µg	0	2	--	0	0
Cryptoxanthin, beta <a href="#">↓</a>	µg	0	2	--	0	0
Vitamin A, IU	IU	19	--	--	23	6
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0

**Lipids**

Fatty acids, total saturated	g	0.039	--	--	0.047	0.013
14:0	g	0.002	--	--	0.002	0.001
16:0	g	0.035	--	--	0.042	0.012
18:0	g	0.002	--	--	0.002	0.001
Fatty acids, total monounsaturated	g	0.004	--	--	0.005	0.001
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.004	--	--	0.005	0.001
Fatty acids, total polyunsaturated	g	0.092	--	--	0.110	0.030
18:2 undifferentiated	g	0.074	--	--	0.089	0.024
18:3 undifferentiated	g	0.018	--	--	0.022	0.006
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

**Amino Acids**

**Other**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sliced 120g	1 root 33g
<b>Flavonoids</b>						
Isoflavones						
Daidzein <sup>2</sup>	mg	0.00	1	--	0.00	0.00
Genistein <sup>2</sup>	mg	0.00	1	--	0.00	0.00
Total isoflavones <sup>2</sup>	mg	0.01	1	--	0.01	0.00

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA Nutrient content of ethnic and geographic specific foods, Southern Testing and Research Laboratories, 1995 Beltsville MD

<sup>2</sup>Liggins, J., Mulligan, A., Runswick, S., and Bingham, S. A. Daidzein and genistein content of cereals., 2002 Euro. J. Clin. Nutr. 56 pp.961-966